There are two ways New Yorkers living in rent-regulated apartments can **freeze their rent.**

- **Rent-stabilized apartments:** The New York City Rent Guidelines Board voted for a 0% increase for one-year renewal leases and no more than a 2% increase for two-year renewal leases between now and Sept 30, 2017.*
- **NYC Rent Freeze Program:** New Yorkers 62+, or with a disability, who earn $50,000 or less may be eligible for an even longer rent freeze.

To learn more about the Rent Guidelines Board's decision or determine if you qualify for the NYC Rent Freeze Program, please call **311** or visit **NYC.GOV/FREEZEYOURRENT**
Please call 711 for relay service for deaf/hard of hearing.

*In some cases, other rent increases may apply.

NYC Department of Housing Preservation & Development

NYC Department of Finance

CONGELACIÓN DE RENTA EN LA CIUDAD DE NUEVA YORK

Catalina, Manhattan

Hay dos formas en las cuales los neoyorquinos que viven en apartamentos de renta regulada pueden **congelar su renta.**

- **Apartamentos de Renta Estabilizada:** La Junta de Regulación de Renta votó por un aumento de 0% en renovaciones de contratos de renta a 1 año y un máximo de 2% de aumento en renovaciones de contratos de renta a 2 años. Esta regulación está vigente a partir de hoy y hasta el 30 de septiembre del 2017.*
- **El Programa de Congelación de Renta:** Si usted tiene 62 años o más o tiene alguna discapacidad y sus ingresos son iguales o menores a $50,000, podría ser elegible para una congelación de renta a largo plazo.

Para aprender más sobre la decisión de la Junta de Regulación de Renta o para determinar su elegibilidad para el programa de Congelación de Renta de La Ciudad de Nueva York, por favor llame al **311** o visite **NYC.GOV/FREEZEYOURRENT**
Por favor, llame al 711 para el sistema retransmisor para personas sordas o con dificultad auditiva.

* En algunos casos, puede que apliquen otros aumentos a su renta.

NYC Department of Housing Preservation & Development

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CHRISTIAN SLATER GETS CAMPY

The 'Mr. Robot' actor has fun in 'King Cobra.' 21

Buddhist priest teaches culinary skills. 4

Is a three-year college program right for you? 24

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ENGLISH BREAKFAST

Giants fans woke up Sunday morning to an ugly, British victory in London, moving Big Blue back above .500 again. 26

GETTY IMAGES

3 things you need to know

LAWMAKERS RAISE CONCERNS OVER AT&T-TIME WARNER DEAL

The telecom-media giant that would be formed if federal regulators approve AT&T Inc.'s $85.4 billion purchase of Time Warner Inc. raises antitrust issues, Democratic vice presidential candidate Tim Kaine and several U.S. lawmakers said on Sunday. Kaine said lawmakers and regulators would have to review the deal and "get to the bottom" of questions over whether the merger would decrease competition. "I'm pro-competition," Kaine said on NBC's "Meet the Press." "Less concentration, I think, is generally helpful especially in the media." Kaine, Democratic presidential candidate Hillary Clinton's running mate, said he had not had a chance to review the details of the deal. The Clinton campaign did not respond to a request for comment. REUTERS

SON: TRUMP WOULD '100 PERCENT' ACCEPT ELECTION RESULT IF IT'S FAIR

Donald Trump will "100 percent" accept the results of the U.S. election if it is fair, his son Eric Trump said on Sunday. "I think what my father is saying is, 'I want a fair election,'" Eric Trump said on ABC's "This Week." "If it's a fair outcome, he will absolutely accept it. There's no question about that." With national opinion polls showing Clinton with an increasing lead over Trump ahead of the Nov. 8 election, Donald Trump has repeatedly said the election is being "rigged" against him. He has not offered evidence and numerous studies have shown that the U.S. election system, which is decentralized and run by the states, is sound. At last week's debate with Democratic rival Hillary Clinton, Trump challenged a cornerstone of American democracy by refusing to commit to honoring the result of the U.S. election. REUTERS

83 DEMONSTRATORS ARRESTED AT N. DAKOTA PIPELINE

More than 80 protesters were arrested on Saturday after clashing with police near a pipeline construction site in North Dakota, according to the local sheriff's department, which said pepper spray was used on some demonstrators. The 83 protesters were arrested near the site of the Dakota Access pipeline on numerous charges ranging from assault on a peace officer to rioting and criminal trespass, the Morton County Sheriff's Department said in a statement. Law enforcement was alerted early Saturday morning to an SUV on private property near the pipeline construction site and found that four men had attached themselves to the vehicle, according to the sheriff's department. Police removed the men from the SUV before arresting them. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What's the name of the new campaign the city launched to raise awareness about wild animals?

2. How many interceptions did the Giants defense force against the Rams in London?

3. "King Cobra" is Christian Slater's second collaboration with James Franco. In what other film did they costar?

ISTOCK

MERCURY DROPS

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

Talk about a roller coaster ride of temperatures.

All last week, temperatures were at summer-time, record-high levels in some cases, as many locations busted into the mid-80s.

The Jekyll and Hyde weather was in full force this past weekend, as warm air surged up the East Coast on Friday at the same time the strongest cold front of the season was barreling down upon us from the Great Lakes on Friday night into Saturday.

Folks were in weather shock on Saturday morning as the mercury plummeted some 25 degrees, and the wind was howling out of the northwest and gusting over 50 mph as we scrambled for our winter coats and hats.

It looks like it could have been summer's last hurrah as we get ready for the coldest blast of the season to date.

The mercury today should turn out to be the warmest of this work week. The chilliest air mass of the season so far will swing in tonight as readings start to dip back into the 30s and lower 40s.

The coldest nights will take place on Tuesday and Wednesday, and the cities of Boston, New York and Philadelphia will see readings dip into the 30s at the same time a few outlying suburbs will plunge into the 20s. Plenty of frost and freezes will take place across a good chunk of the Northeast through the middle of this week.

Grab the umbrellas by the second half of this week as the chill will be replaced by needed rain for Thursday, which should linger into Friday for Boston.

Right now, it appears the roller coaster ride of temperatures will kick in again as readings by this weekend will nudge back into more seasonable levels.

The long-range outlook for Halloween: ghoulish stiff breeze, but bone-dry conditions.

New York City

Today: Becoming sunny, 62.

Tuesday: Windy, cool blast, 53.

Wednesday: Chilly, 51.

Thursday: Afternoon showers, 59.

Friday: Clearing, 61.

Saturday: Windy, milder, 62.

Sunday: Windy, cooler, 56.

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Buddhist priest offers free culinary training in Harlem

The Mandala Kitchen Project teaches the culinary arts as is feeds the hungry.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

There's an old proverb that says, "give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."

The Mandala Kitchens Project is a new program in Harlem that aims to do just that by offering free or low-cost culinary training to anyone wishing to work in the food service industry.

The six-week program was founded by the Rev. Daiken Nelson, a Buddhist priest and former social worker from Iowa,

"I decided to weave together my interests of food, service, social work and teaching to create a program which would teach people how to cook in order to help them get a job," he said.

The program, which began earlier this month, is part of the Mandala Café, a nonprofit organization. The training is open to everyone, but targets individuals who are unemployed, underemployed, homeless or formerly incarcerated. Undocumented immigrants and youths are also welcome.

Nelson worked on and off in restaurants before becoming a social worker, and said that given his background, it made sense to start the culinary project, which began earlier this month,

The program delves into the practice and theory of culinary arts, with an emphasis on the development of practical skills to help job seekers.

Areas covered during the training include such food prep basics as chopping vegetables and braising meats, but also includes such topics as sanitation and food safety, dining room management and working with a team.

Nelson began his Zen practice 27 years ago and was ordained in 1996. It seemed logical to him to incorporate aspects of Buddhism, specifically meditation and mindfulness into the culinary training.

"We begin our sessions with sitting quiet," he said. "This is good for the stressful food service/kitchen environment, plus it's good in general."

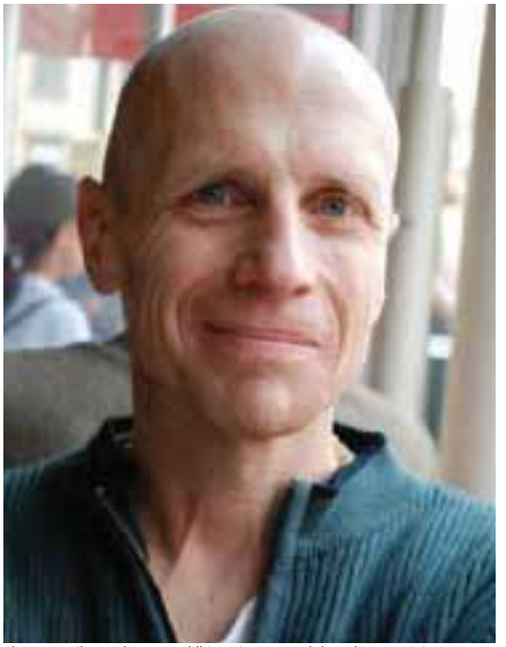
Graduates of the training can take the exam for a city Department of Health food handler's certificate and get job placement assistance.

Nelson, who came to Harlem in 2010, says that his vision is to help Harlem and other city residents beyond the culinary training.

"The ultimate goal of the project is to create a community based, pay-what-you-will café," Nelson said, explaining that trainees prepare food for the Mandala Café.

In May, the café began to co-sponsor weekly free meals in Harlem. The goal is to offer meals at a suggested price of $15-$18, but allow diners to pay what they can afford or work at the café to earn a meal.

An interfaith effort, the weekly meals are co-hosted with The Satya Sai Baba Community of Manhattan with men from a Muslim group, members of a neighborhood synagogue and two Mormon missionaries helping to serve residents.



The Rev. Daiken Nelson, a Buddhist priest, started the culinary training progam earlier this month. MANDAL CAFÉ

The meals are served to an average of 75 people each week, with no questions asked, Nelson said.

"We see the same people each week and the number increases as the month progresses as people run low on their assistance (if they receive any)," he said.

Mandala Kitchens has also begun to cater small to moderate-size events, which helps finance the culinary training. Catering and its food prep business have also created jobs, Nelson said.

"We have been able to offer part-time employment to individuals who are formerly homeless, incarcerated or political refugees," he said.

Leon Baptiste, a recent immigrant from the Caribbean nation of St. Vincent and the Grenadines, became one of the first three culinary trainees in the program and said his goal is to become a chef.

"Cooking has always been my passion and I have been in pursuit of it since I was a child," said Baptiste, who was introduced to the Mandala Kitchens Project through a pastor at his church in Harlem.

Baptiste said he is grateful for the opportunity.

"I hope to walk away from this program as an experienced chef," he said.

"I would advise anyone who is interested in a profession in culinary arts to attend Mandala's Culinary Institute because the skills I have garnered are tremendous and rewarding."

For more information about the program or the weekly meal, visit www.mandalacafe.org.

BRIEFS

Pedestrian dies after being struck, dragged by MTA bus

A woman died after being struck by and dragged under an MTA bus in Manhattan's Financial District during rush hour on Friday, according to an NYPD spokesman.

Police responded to Trinity Place and Exchange Place, just south of Edgar Street, where they found the body of 58-year-old woman with severe head and body trauma under the rear of the bus.

A QM7 bus was travelling north on Trinity Place when witnesses alerted the driver that a woman had been struck and dragged, investigators said. The diver stopped the bus and remained on the scene. He was later taken to a local hospital for evaluation.

The driver was later identified as 63-year-old Roger Weckworth. He was charged with failure to yield to a pedestrian and failure to yield to a pedestrian causing injury, police said.

Police later identified the woman as Bella-Yury Krementsova, whose last listed address was on the Upper West Side. KIMBERLY M. AQUILINA

ISTOCK

Some see a role for NYC's feral cats

Some of New York's free-roaming feral cats are being given a chance to make a contribution to their city—as rat exterminators.

Volunteers trained by the city's Feral Cat Initiative trap feral cats. The felines are then spayed or neutered and vaccinated. The volunteers then return them to their home territory, but some wind up in places with large rat populations.

Four feral cats patrol the loading dock at the Jacob K. Javits Convention Center, where food is delivered and garbage removed, the center's Sustainability Manager Rebecca Marshall told the Daily News.

"We used to hire exterminators, but nature has a better solution," she told the paper. "And cats don't cost anything."

The Javits Center employees lured the four cats to the loading docks about two years ago.

Cats are predatory, but won't necessarily attack rats. However, the feline scent and droppings will ward off rates.

"A mother rat will never give birth near a predator because the cats would eat the babies," Jane Hoffman, president of the mayor's alliance, told the Daily News.

GARY KANE

ISTOCK

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- Transfer between D and F trains at W 4 St.
- For service *to/from* Delancey St/Essex St, use J with transfers *to/from* F at Fulton St.

In Brooklyn:
- Free shuttle buses run between York St and Jay St-MetroTech, where F service is available.
- Transfer between free shuttle buses and F trains at Jay St-MetroTech.
- Transfer between D and F trains at 4 Av-9 St.
- Beginning at 10:30 PM, D trains run local in Brooklyn.
- York St customers may also use the High St A station, where F service is available.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

FASTRACK

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5 New York Monday, October 24, 2016

BRIEFS

New initiative raises awareness for the wildest New Yorkers of all

Imagine you're strolling though your neighborhood or favorite city park and a coyote crosses your path. Would you know what to do—aside from snapping a pic, of course?

Answering that question is just one goal of the newly launched education and awareness campaignWildlifeNYC, which aims to teach New Yorkers about living among "urban fauna."

"Recent sightings of deer, coyotes and other unexpected animals make it clear that New York City can be a wild place," Mayor Bill de Blasio said in a news release. "WildlifeNYC's emphasis on education, outreach, and humane population control will help all New Yorkers care for our urban environment—and the animals who share it with us."

The campaign is a collaborative effort by the mayor's office, the police department and several city agencies. Cornell University, the American Museum of Natural History, Gotham Coyote Project and White Buffalo are among its partners.

WildlifeNYC includes a web portal where residents can report animal sightings and find information on city-dwelling species and current initiatives. One of its core functions is a deer management program in Staten Island, which has included education, traffic safety and sterilization measures. To date, nearly 300 male deer have been sterilized.

"We are increasingly sharing our roads and yards with deer and other wild species. It is important that we learn to coexist safely," Council Member Debi Rose of Staten Island said.

"New Yorkers should call 311 if they are concerned about animals in their neighborhood," Health Commissioner Mary T. Bassett added.

NIKKI M. MASCALI

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Holly Havanese honors another Holly in her Breakfast at Tiffany's getup. Follow her on Instagram @HollyHappyHavanese! MARY DORN

Tompkins Square Halloween Dog Parade

Halloween may be days away, but these dogs definitely deserve a treat.

CRISTABELLE TUMOLA
@CristabelleT
cristabelle.tumola@metro.us

The weather Saturday may have looked like it would start raining cats and dogs any minute, but a parade of canines were making their way through the East Village that afternoon to brighten up an otherwise gloomy day.

One of the largest costume contests for dogs in the world, the 26th Annual Tompkins Square Halloween Dog Parade allows pups to compete for the title of "Best in Show." The pets and their owners go all out, from scary to fun costumes, which get more elaborate each year.

Entertainment journalist Giuliana Rancic emceed the event where prizes for top 10 winners were selected, but ultimately a candy-themed entry called "Sweet Shop" was crowned the champion.

All funds raised at the event support the Friends of First Run, the organization responsible for maintenance of the Tompkins Square Park Dog Run.

Check out the gallery above of the dogs that made it out to the parade Saturday — and find out where you can follow many of them on Instagram.

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BRIEFS

NYC launches digital guide to help parents raise kids in city
A new digital hub created by the NYC Children's Cabinet offers a one-stop shop of city events, programs and services designed to support the health, development and safety of children and families.

"Growing Up NYC is a wonderful digital how-to resource to help parents navigate raising children in New York City—which we all know can be tough," first lady Chirlane McCray said Friday in a news release.

GETTY IMAGES

Growing Up NYC will showcase everything from parenting resources, such as classes and cash-assistance programs, to age-specific afterschool activities. It also lists developmental milestones to expect for children up to age 12. A hard-copy companion guide that highlights extended benefits for residents up to age 24 will also be available in city libraries.

"From even before your child is born until they set out for life on their own, Growing Up NYC will be there to help," said Council Member Stephen Levin.

As a new, first-time father Council Member Donovan Richards said "having a one-stop guide to all resources available in the city could be a lifesaver for parents who are about to dive head first into parenting."
NIKKI M. MASCALI

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19 charged in alleged gun trafficking, bank fraud

The defendants are from New York, South Carolina, Connecticut and Georgia.

NIKKI M. MASCALI
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nikki.mascali@metro.us

A long-term investigation has culminated with the indictment of 19 individuals on charges accusing them of trafficking in firearms and attempting to steal $60,000 from five banks in four states, Acting Brooklyn District Attorney Eric Gonzalez said in a news release.

The firearms were brought from South Carolina to New York, Police Commissioner James P. O'Neill said, adding, "those guns—40 of them—would be on our streets if not for the hard work of investigators."

Colin "Rum" Toney, 27, sold the guns purchased in his home state of South Carolina to an undercover NYPD detective 19 times between June 2015 and September 2016, according to the indictment.

During the undercover operation, investigators learned Toney had a past affiliation with a city-based set of the Bloods gang, which led them to discover a scheme to defraud banks, Gonzalez said.

Julius "Juju" Salazar, 26, of Far Rockaway, Queens, paid individuals to open accounts at Wells Fargo, Bank of America, JP Morgan Chase, Capital One and TD Bank in four states, Gonzalez said. Salazar then arranged for the deposit of bogus checks or wire transfers into the accounts, he said. Withdraws were then quickly made from the accounts before the banks could determine the deposits were fraudulent.

Salazar and his co-conspirators withdrew at least $37,000 in an alleged attempt to steal about $60,000, Gonzalez said.

The indictment names defendants from New York, South Carolina, Georgia and Connecticut. Fifteen were arraigned in Brooklyn over the past week, while four are in custody in Connecticut and Nassau County and will be arraigned soon.

"These indictments are a testament of our resolve to continue going after firearm traffickers, who endanger the safety of our communities for profit, and gang members, who often fund their crimes through larceny and fraud," Gonzalez said.

Toney and two other South Carolina residents face charges of firearms trafficking. Salazar and 14 other individuals are charged in the alleged bank fraud. Four New York City residents face weapons possession charges.

Iraqi Kurds claim capture of town in advance on Mosul

Iraqi Kurdish security forces GETTY IMAGES

Masoud Barzani, President of the Iraqi Kurdish region, told U.S. Defense Secretary Ash Carter that the Kurds had succeeded in liberating Bashiqa from Islamic State.

Kurdish fighters said they had taken the town of Bashiqa near Mosul from Islamic State on Sunday as coalition forces pressed their offensive against the jihadists' last stronghold in Iraq.

Kurdish Peshmerga fighters told reporters at the scene that they had entered Bashiqa. Journalists were not being allowed into the town, which lies 12 km (8 miles) northeast of Mosul.

The offensive to take Mosul, by Iraqi and Kurdish forces backed by a U.S.-led coalition, is expected to become the biggest battle in the country since the U.S.-led invasion in 2003.

The capture of Bashiqa, if confirmed, would mark the removal of one more obstacle on the road to the northern city.

The top U.S. commander in Iraq, Army Lieutenant General Stephen Townsend, said his own information - while limited - "suggests that President Barzani is right, that there has been a considerable success at Bashiqa".

But he added: "I have not received a report that says every house has been cleared, every Daesh (Islamic State fighter) has been killed and every IED (roadside bomb) has been removed."

Townsend told journalists that Bashiqa was one of the villages outside Mosul that Islamic State had emptied of civilians and fortified over the past two years.

Reuters television footage from Nawran, a town near Bashiqa, showed Kurdish fighters using a heavy mortar, a machine gun and small arms as smoke rose over the area.

As Peshmerga forces moved though the area, armored vehicles moved along a road and a helicopter flew overhead.

The Peshmerga are also using tanks, rocket launchers and snipers. A Reuters photographer saw the fighters destroy at least three suicide car bombs dispatched against their forces.

Turkish artillery is supporting the Peshmerga, Turkish Prime Minister Binali Yildirim was quoted as saying by CNN Turk and other media outlets.

"The Peshmerga have mobilized to cleanse the Bashiqa region from Daesh. They asked for help from our soldiers at the Bashiqa base. So we are helping the tanks with our artillery there," CNN Turk quoted him as saying.

Turkey has troops at a base in the area where it has been helping to train Iraqi Kurdish fighters. The artillery support could further strain relations between Ankara and the Baghdad central government, coming a day after Iraqi Prime Minister Haider al-Abadi declined an offer from Turkey to take part in the Mosul campaign.

MOSUL DRIVE

The offensive to capture Mosul started on Monday. Coalition forces have advanced to within 5 km (3 miles) of the city at the closest point, the interior minister of the Kurdish regional government has said.

An Iraqi force of about 30,000, joined by U.S. special forces and under American, French and British air cover, is ready to push into Mosul after recapturing Falluja and Ramadi, west of Baghdad, and seizing the Sunni stronghold of Tikrit in central Iraq. REUTERS

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Fate of child migrants uncertain before France demolishes Jungle camp

Charities operating in the makeshift camp dubbed the "Jungle" near Calais have criticized the slow pace at which British and French officials have processed the papers of children fleeing countries such as Syria, Afghanistan and Eritrea.

Migrants gather near police vehicles at the "Jungle" migrant camp in Calais, northern France, on Oct. 23. GETTY IMAGES

Aid workers accused France and Britain on Sunday of failing more than 1,300 unaccompanied child migrants whose future remained uncertain just a day before the French government begins dismantling the filthy camp where they are holed up.

The U.K. government has prioritized children and youths who can claim family ties in Britain and on Friday a French Interior Ministry official said they were still negotiating over hundreds more with no such connections.

"All this should have been done a long time ago," Francois Guennoc from the charity Auberge des Migrants told Reuters.

Allaodil, a Sudanese boy who says he is 14, was wandering on Sunday through the Jungle's garbage-strewn mud alleyways, shivering underneath a blanket.

"My brother has been in the United Kingdom, in Glasgow, for three years and has a job there," said Allaodil in faltering English, adding that he wanted to join his elder sibling.

He said the British authorities were aware of his case but still did not know whether he would be granted asylum in Britain or forced to relocate in France.

With its makeshift shacks and poor sanitation, the Jungle has become a symbol of Europe's failure to solve the migration crisis and a sore point in relations between Britain and France.

France's Socialist government will begin demolishing the camp on Monday on humanitarian grounds, it says. Most migrants in the camp want to cross the narrow stretch of sea to Britain.

The Jungle and immigration more broadly are a divisive theme in campaigning before France's presidential election in April, with leading conservative candidates pledging to move the border with Britain from Calais to southern England.

Some conservative politicians say Britain should take in all the Jungle's 6,500 inhabitants.

"This is an insult for those [French people] … who live here below the poverty line," said far-right lawmaker Marion Marechal-Le Pen, a niece of the National Front leader Marine Le Pen, speaking in a rural town in southeastern France.

Aid workers say hundreds of migrants may refuse France's plan to resettle them in reception centers across the country while their asylum requests are considered. France says those who refuse to move on from the Jungle face arrest.

"I'll stay here, whatever they say," said 24-year-old Ali Ahmed, from Sudan, refusing to give up on getting to Britain. "I have seen worse than this. And prison wouldn't be so very different from the Jungle." REUTERS

"I'll stay here, whatever they say … I have seen worse than this. And prison wouldn't be so very different from the Jungle."

Ahmed

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PANIC, POLLS AND POPULISM

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Ever been stuck in a really awful, really long movie you can't leave because you're trapped in a middle seat, the crowd is cranky and a few in your group are into it? That's this election. Still, as America squirms through the final scenes, here are my three things to watch this week:

1. CHECK, PLEASE!

Maybe it was the lewd talk, maybe the venomous debates — whatever the cause, the GOP walk away from Donald Trump could turn into a stampede this week. The surest sign is a smattering of new ads which say nothing about the party's nominee, but are pushing for the re-election of Republican members of Congress because, you know, checks and balances. It's not an explicit admission the Dems will keep the White House, but it's pretty close. Unless Trump reverses the rapid descent of his campaign and fast, watch for this to become the party's chief talking point — and look for many more of those commercials.

2. GRUMPY TRUMP/ HAPPY HILLARY

Remember when Trump looked like he was having the time of his life on the campaign trail? Laughing. Smiling. Making jokes about crying babies. Now, not so much ... and with good reason. The polls show the gap between Trump and Hillary Clinton is turning into a chasm. Of course Trump and his crew are dismissing the numbers, but some Dems are worried too — afraid if it looks like a sure win for Clinton, many voters who are backing her just to oppose Trump may not show up. Watch for Dem talkers to keep pounding the "every vote matters" mantra.

3. ROUNDING THE BASES

If you live in what still passes for a battleground, brace yourself. The campaigns will be relentless this week in terms of ads, visits and surrogates in such places. It may be hard for partisans to believe there are still "undecideds" out there, but remember: Scads of voters have been very turned off by both candidates — turning even a few of them back on in a critical state could make all the difference.

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Thirteen killed, 31 injured in California tour bus crash

A tour bus crashed into the back of a tractor-trailer on a Southern California highway before dawn on Sunday, killing 13 people and injuring 31, authorities said.

The bus was traveling west on Interstate 10 when the crash occurred near Palm Springs, a city about 100 miles east of Los Angeles, California Highway Patrol (CHP) Chief Jim Abele told reporters.

Abele said because of the bus' speed, the truck's trailer pushed about 15 feet into the bus. The bus driver was among the 13 killed, he said. Abele said he believed the 31 injured passengers had minor to moderate injuries, but some could be worse.

"In almost 35 years I've never been to a crash where there's been 13 confirmed," deaths, Abele said. "So it's tough. It's tough for all of us."

The accident scene on Interstate 10 near Palm Springs. LIZZY MCCAIN/YOUTUBE

Abele said the bus had been inspected as recently as April and there was no indication of mechanical problems. He said several survivors reported most of the passengers, all of whom were adults, were sleeping at the time of the crash.

Photographs from the scene showed the front of the tour bus wedged inside the back of the trailer, with emergency workers using metal ladders to reach the inside of the bus.

The injured were being treated at hospitals while all westbound lanes of the interstate were closed near the crash, officials said. Abele said the lanes would likely be re-opened around 4 p.m.

Abele said the bus appeared to be ferrying casino-goers back to Los Angeles from the Red Earth Casino after a night of gambling.

The Los Angeles-area bus company, USA Holiday Bus, could not immediately be reached for comment. The local Desert Sun newspaper reported the driver was one of the company's owners.

Abele said USA Holiday appeared to be an "owner-operator" company and that the totaled bus was the only one owned. The National Transportation Safety Board said it will investigate the crash and is sending an investigative team to the site.

Abele said it was not immediately clear if alcohol, drugs or fatigue was a factor in the crash. He said it was not clear whether the bus was speeding, but said it was traveling "significantly faster" than the tractor-trailer..

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Date: Tuesday, October 25, 6:00pm – 7:00pm.

Presenters: Geovanni Espinosa, ND, LAc, CNS; Bobby B. Najari, MD; Dennis A. Goodman, MD.

Location: NYU Langone Medical Center.
550 First Avenue at 31st Street. Alumni Hall B.

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Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhatta

The Knee Arthritis Treatment In New Yor

Leading Arthritis Treatment Center Combines Multiple A

By Matt Edgar
America's Heath Writer

NYC - If you would like to relieve your knee arthritis pain, this will be the most important information you ever read.

And the best part is - these are *REAL* cutting-edge MEDICAL treatments. Done by *REAL*, skilled medical doctors.

This is NOT some hoax ... wonder supplements... being sold by fast talking marketers.

But before we go any further, let's get one thing abundantly clear: This is NOT an overnight miracle cure.

Arthritis is a real medical condition and there are no over night cures.

But there are doctors who have tremendous success treating arthritis with the best medical technology and treatments available today.

These doctors are having such great success, everyone is talking about them and the medical clinic located right here in NYC has been flooded with knee arthritis sufferers.

What Are They Doing To Get Such Great Results?

Before we get into the actual treatment (there are 3 of them) let me ask you this...

What would like be like if you could end your knee arthritis pain just about overnight?

Seriously. Could you imagine all the stiffness and pain gone? How awesome would it be to do all the things you can't do now because of the pain?

It's simple. The experts at *NY Pain MD* have com-bine the best medical treatments with the most advanced technology.

This often gets results even when so many others have failed -

Chosen By Top-Level Professional Athletes

One reason is that top professional athletes have already been taking advantage of these cutting-edge treatments. In fact, it has been reported that many NFL and NBA players have already used the healing powers of "stem cell" and PRP treatments to combat injuries and get back on the field as fast as humanly possible.

It's no secret that sports stars with unlimited money before they become mainstream and easily affordable to the public.

Well, now these same treatments are available right here in NYC.

And the best part is - - they are very affordable, do not require surgery or use of opioid or other addictive pain medications and .. actually heal rather just hiding the pain.

Here is something very important...

After years of experience on thousands on patients, the doctors at *NY Pain MD* have found 3 things that often lead to results when others fail.

The irst is this - understanding that no two patients are the same.

Let's be clear - you are unique. Therefore, you need a unique treatment plan that will most likely work for YOU.

Some patients only need one of these treatments while others need several in a special sequence.

The second and what's amazing is - some of the best results have come from a combination of two or all three of these treatments.

This is important because many doctors and clinics only offer limited options regarding treatment. If this is the case - you lose the exponential power these treatments possess when used in the same treatment plan.

If you choose to get one of the other treatments, you must go to another clinic. *NY Pain MD* has found it is much better to have all your

Why Is This Knee Pain Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

Here's what that means and why it is so important to you.

Some treatments, like viscosupplementation, require extremely accurate injections. This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or eliminating pain.

Precision Arthritis Targeted Technology Or PATT means that we use extremely advanced digital imaging to make sure this FDA approved lubricating gel is placed precisely where it needs to go. This allows treatment to have the best chance of success.

Doing this procedure without this advanced technology often leads to failure to apply the precise dosage needed to heal.

Another secret to success is having access to multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers BioCellular therapy including platelet rich plasma (PRP).These are not being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain MD offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD doctors who are experts and have successfully performed thousands of successful procedures.

The bad news is - there is no real treatment that can guarantee such results. That's just not the way real medicine works.

But the good news is - there are new medical treatments and technology that are getting amazing results for countless pain sufferers who had no hope not too long ago.

Here' How They Get Such Great Results

even when you have been told you need knee replacement surgery.

The 3 Treatments

There are basically 3 advanced treatments used: Viscosupplementaion, Bio- Cellular "Stem" Cell Therapy and Platelet Rich Plasma (PRP).

Now, you may have heard of one or even all three of these treatments.

an Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

k Metro Area Everyone Is Talking About

Advanced Procedures To Get The Best Possible Results

treatments under "one roof" for both convenience and results.

The third reason is:

Technology

Everyone knows how important technology is in medicine.

It saves lives and has ended the suffering of countless people.

Incredible heart surgeries, and laser eye surgeries are just 2 examples.

Know this: *NY Pain MD* uses the most advanced technology to maximize results from treatments.

All three treatments we have been talking about require some form of injection. In all cases... like viscosuplementation... this procedure *must be extremely accurate* and with no pain.

In viscosupplemtation, a gel-like medicine is placed exactly into the arthritic area.This gel acts like a shock absorber and lubricates the joint. This allows the joint to move freely again - without all the grinding caused by arthritis - relieving some or even all of the pain.

This treatment has changed the lives of countless arthritis sufferers and even saved many from replace- ment surgery.

But... if this treatment is not done with extreme precision - it can be basically worthless. Studies actually show that doctors doing joint injections without advanced imagining miss the joint space entirely about one third of the time.

Obviously, if the medicine does not get into the joint it can't work.

That's why *NY Pain MD* always utilizes **Precision Arthritis Targeting Technology Or P.A.T.T.**

P.A.T.T. is the use of state of the art digital imaging so treatments can be given with pinpoint accuracy and place the gel medicine exactly where it needs to be to give the best chance for optimal results.

Accurate, pin-point treatments are also usually painless.

Many of the patients at *NY Pain MD* had already tried treatment elsewhere (without the Precision Arthritis Targeting) and did not get good results.

Reason #3
Experience Matters

The third reason is the training and experience of the doctors.

The doctors at *NY Pain MD* are all well-trained and have given thousands of related treatments.

Everyone knows - technology is only as good as the doctor using it. And there is no substitute for experience.

The combination of **Precision Arthritis Targeting Technology (PATT)** and experienced doctors with thousands of treatments and multiple cutting-edge treatments all under one roof often leads to the best possible results available.

Here's Some Great News

The doctors at *N Y Pain MD* set aside some time every month to eval-uate knee arthritis pain sufferers and see if they a good candidate and qualify for their cutting-edge treatments... for free.

This completely free with no strings attached. But, due to the popularity of these treatments, there are limited spots available.

Here's What To Do Right Now

Because you have read all this information - you are obviously the type of person who is intelligent and seriously looking for the best possible treatment for your knee arthritis pain. I would like to acknowledge you for that. Most people never take the time to educate themselves the way you have.

You are reading all this and you really have the commitment and determination to do this now. If I am correct, and this sounds like you, That's why this qualification screening is perfect for you.

It's specifically for people like you who want to end your knee pain and get your life back. It will give you all the answers you are looking for and you will leave knowing what your best treatment options are.

You will NOT be given a sales pitch or pressured to start treatment. You will be given answers and recommendations.

Just call **855-456-PAIN** and tell whoever answers the phone you would like a free knee pain qualification screening and they will take care of everything.

But please remember, *NY Pain MD* has a limited number of spaces available each month - so call now to reserve the next available spot. All your questions and concerns will be handled at the special screeing. The possibility of relief is just a phone call away.

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They can also mature or 'differentiate' into specialized cells that carry out a specific function, such as in the skin, muscle, or even possible cartilage.

It is believed that these cells help in the healing of damaged structures in the knee, hip, shoulder or other joints such as cartilage, meniscus and ligaments. These cells may also also powerful anti-inflammatory helpers.

Because of this, many doctors report tremendous results treating arthritis pain and other injuries with Bio-Cellular Procedures.

If you have joint pain caused by arthritis or any of the conditions listed below, The *NY Pain MD* Bio-Cell program may be able to help you. **For a screening to see if you qualify for Bio-Cell Procedures simply call:**

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- ***Partial or severe tears of the joint ligaments***
- ***Patellofemoral Syndrome (knee)***
- ***Knee, Shoulder, hip bursitis***
- ***Back-Neck-Disc Pain***
- ***Patellar tendonitis***
- ***Meniscus tear (partial)***
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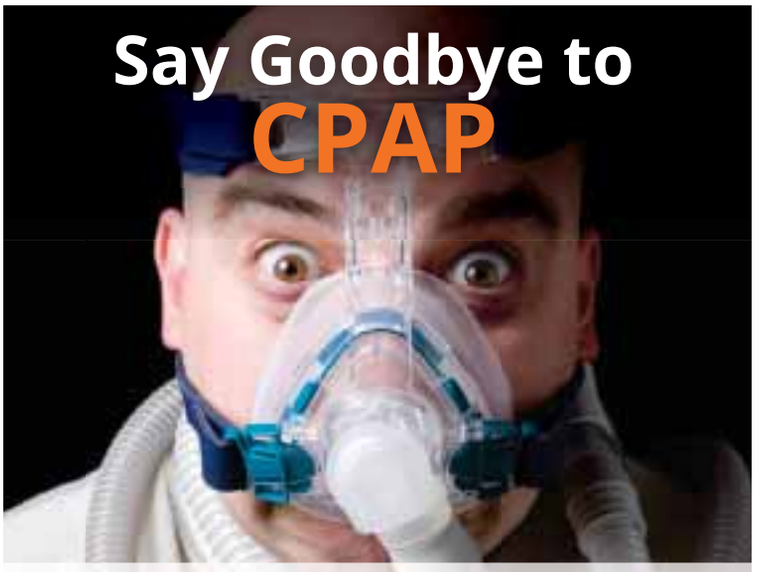

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Celebration in Chicago streets

Chicago Cubs fans celebrate outside of Wrigley Field after the Cubs defeated the Los Angeles Dodgers 5-0 in Game 6 of the National League Championship Series to advance to the World Series against the Cleveland Indians on Oct. 22 in Chicago.

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DJ Khaled snapchats the birth of his son

If you follow DJ Khaled on Snapchat, you know that the hip-hop producer lives in his own world filled with positivity, celebration, luxury, self-affirmations, and wisdom.

But on Sunday morning, he did something he'd never done before. Followers got to witness the birth of Khaled's first son, complete with a DJ Khaled soundtrack to accompany it. The series of snaps included his girlfriend spread eagle and pushing, the baby's first cry, and the proud pappa getting stamped with his son's footprint. It's safe to say that this is probably the best DJ Khaled exclusive to date.

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Miley Cyrus campaigns for Hillary on university campus

Miley Cyrus was up to her usual tricks over the weekend, but this time it was for a good cause — if you're team Hillary. The 23-year-old crashed George Mason University's campus over the weekend to encourage the co-eds to get out and vote for Hillary Clinton on November 8. In true campaign style, she knocked on doors in the dorms to spread her message. In true Miley style, she wore a baby blue fur coat and a bow-shaped bandeau crop top, and danced in the dorm windows.

Miley's exit was a wild scene with about a dozen security officers clearing the way between a rowdy crowd. She left in a police escorted motorcade. Tighter security would have only been found if Hillary herself had shown up.

the word

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Khloe and Lamar finally reach a divorce settlement

Breaking up is hard to do, no one knows this more than Khloe Kardashian. The 32-year-old reality star first filed for divorce from her husband, former NBA player Lamar Odom, back in 2013. Then a severe drug overdose for Lamar in 2015 prompted Khloe to call off the divorce as she supported him during his recovery.

But tragedy didn't have the desirable effect of bringing them closer. Khloe re-filed for divorce earlier in May, and on Friday she filed legal documents that solidify a property settlement, according TMZ. Once a judge signs off in December, Khloe and Lamar will be officially unhitched. And to think, their divorce lasted longer than some Hollywood marriages.

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Christian Slater says "King Cobra" is his "Gypsy"

He plays a sort of Mama Rose of the gay porn industry.

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The stars of "King Cobra," from left to right: Christian Slater, Garrett Clayton, Keegan Allen and James Franco, who also produces. IFC FILMS

"King Cobra" is a campy thriller based on a real-life murder scandal in the gay porn industry that took place in the early part of the century. Christian Slater stars as Stephen (based on the late director Bryan Kocis), a closeted gay-porn mogul who grooms a young talent, Sean Paul Lockhart, aka Brent Corrigan, (Garrett Clayton) whom he also falls in love with.

Corrigan soon feels smothered and exploited by Stephen and attempts to break out on his own, but the terms he's limited by the terms of his contract. When rival porn producers the Viper Boys — Joe (James Franco, who also produced the film) and his lover, Harlow (Keegan Allen) — try to poach Corrigan, violence ensues.

The film, written and directed by Justin Kelly ("I Am Michael") has drawn comparisons to "Boogie Nights." Fun fact: Throwback actors Alicia Silverstone (who, in "Clueless" famously says, "Let's blow off seventh and eighth, go to the mall, have a calorie fest and see the new Christian Slater") and Molly Ringwald co-star.

We sat down with Slater, who has been busy playing mind games with viewers as Mr. Robot in the eponymous USA Network show, to talk about the film and competing with James Franco in the sex-scenes department. The 47-year-old actor, while more known for playing heartthrob/villains, a la "Heathers" — "it's these damn eyebrows, I guess," he says — tells us that for his largely sympathetic turn as Stephen, he drew on Mama Rose from "Gypsy."

What drew you to the project?

I worked with James Franco on "The Adderall Diaries," and we got along very well. He presented me with this project and I thought, "Wow, this is unique and different than anything I've done before." So I was thrilled, excited and nervous.

I really liked the character. I thought, if I was going to go into something like this, I would have to identify with the human, and I did. I liked that it wasn't stereotypical. [Justin Kelly and I] talked about the sexual aspects and he said he was going to be handling everything with dignity and grace. That was the sense I got, and that he was letting me off the hook a little bit — James Franco would be covering it, he was going to do more of the heavy lifting there. And then I got competitive! I felt like if I was going to get involved with this, I wanted to have some fun and take some risks.

Your portrayal of Stephen is maybe more sympathetic than his real-life counterpart. As an actor, you're probably better known for playing villains.

I did "Bed of Roses" — I was extraordinarily romantic in that. I did "Untamed Heart"— it was like "Beauty and the Beast"! I save the girl! In "Broken Arrow," I was the action figure. I've done all kinds of things. But for some reason ... it's these damn eyebrows, I guess. There's definitely an element of mischievousness and anarchy to a great deal of the characters that I play, with "Heathers" and "Pump up the Volume."

With this role, I looked at "Star 80" as a good template for this project, and "Boogie Nights" and "Gypsy" as well. There was that element of being the Mama Rose in this film. This was my "Gypsy," and Brent was Gypsy Rose Lee, I was gonna make him a star. The Ethel Merman moment I have with him [singing] in the car, was definitely one of those improv moments, because that was something I grew up with. My mother was always singing and talking about Gypsy Rose Lee and Mama Rose.

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Another education

Neo Americana duo Jamestown Revival continue their wanderings with a nationwide tour for their second album.

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Jamestown Revival felt they needed to explain a thing or two about the album they were about to release, so the Austin-based duo wrote a letter to their fans. Now signed to Republic Records, and with a hit single, the anthemic "California," and a noted album, "Utah," behind them, and with their second record, "The Education of a Wandering Man," done, the harmonizing high-lonesome twosome posted the letter on their website, explaining the creative struggle after their sudden fame. The pair, Jonathan Clay and Zach Chance, spoke with us from Austin, just a few days before their second album was released on Oct. 7. They had about a week of rehearsals and then off they would go, a-wandering, on tour with their band.

Jamestown Revival's 2014 debut, "Utah," was named for the minimalist makeshift recording studio they used to record the album. HARPER SMITH

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You say in your open letter that you struggled with getting going on your second record. Was there any one thing that helped you switch your mind-set from stuck?

Jonathan Clay: Yeah, it was "Love is a Burden." It was a metaphor for what had happened with "California." That song has afforded us opportunities, but it almost paralyzed us because we wondered, would we ever write anything as good as California again? It was a burden, a hindrance in a way. We just had to let it go.

Zach Chance: We wanted to continue to tell the story. We had a bunch of false starts; we did have some wastebasket days. But once we got back to Austin, we found that we did have something to say, instead of reaching for something to say.

Clay: Zach and I can't write a song unless we do have something to say.

Is the song "American Dream" also about disillusionment?

Clay: It also came out of feeling down. I was at home with my wife: we have a baby and a new home, but the AC broke and the roof was leaking, and all these things felt so oppressive. Then, we were out riding our horses and we stopped by a tree, and this songbird was sitting there singing his little song. We thought what a simple, beautiful existence. We just asked ourselves, this is what we work for, all these problems? We work very hard to achieve this level of complication in our lives.

You two have known each other for half your lives; did you meet in high school in Magnolia, Texas?

Chance: Yup, trigonometry class. I remember my first day at school and it was like "Fast Times at Ridgemont High"—I feared for my education! But we met and we wrote our first song at age 15.

Clay: That one's locked in a vault somewhere. I don't know if it will ever see the light of day.

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How politics can undermine your love life

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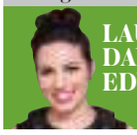

LAURIE DAVIS EDWARDS

A difference in political opinion shouldn't have to keep you apart. GETTY IMAGES

"He's for Trump and I'm for Hillary," my client shared with me. She laughed as she added, "and I forgive him for that."

These days, it's rare for someone to be so accepting. Politics were previously taboo to discuss on a first date — but now my inbox is flooded with messages from clients saying things like, "Can you believe I went out with a Trump supporter? I've decided that's a deal breaker for me now."

Politics have divided us, even in our pursuit of love. Often, your political party is an indication of your values — and when you and your date's values don't sync, it can easily become a deal breaker.

The reasons people choose one candidate over the other are dramatically varied this year. It can speak to values — but it doesn't necessarily. For example, some have chosen to vote for Clinton because they don't want Trump in office. And others have chosen Trump because they want radical change. These varying reasons are inordinate and the candidates don't necessarily represent their party's values as clearly as in the past.

A client of mine recently went on a date with someone who supported the opposing candidate, and he wasn't upset at who she was voting for — but he was upset at the contentious attitude she showed during the conversation. He won't be asking her out again.

Yet some married couples will vote for two different candidates. Approach political discussions from a place of curiosity rather than conflict. If you set this tone, your date likely will follow. If they don't, try something like: "Hey, I want you to know I'm not judging you. I'm actually curious about your opinion, and I'd love to tell you about mine because it's fun to discuss. So let's keep it a healthy debate, OK?"

Should this emotional presidential race that lasts for only a few more weeks stop you from falling in love? Sometimes we need to learn to laugh at our differences, rather than let them hold us back.

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HOW TO GET AHEAD

Will more colleges start offering three-year degrees?

A report urges universities to consider shorter programs.

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It's college-application season, which means students and parents around the country are having sometimes difficult conversations about college costs and student loans.

As a result, many educators and students are wondering: Does college need to be four years long? A recent report from the New Jersey legislature strongly suggests making three-year degrees an option in order to allow students to save tuition dollars while they pursue their dream careers. A handful of schools across the country have already begun offering shorter programs for a variety of majors.

"It's very much a niche program. A lot of students and parents perk up when they hear it's an option," says Bruce Logan, associate dean of Lesley University's College of Liberal Arts and Sciences. "It really is an opportunity for students to save time and money." The university in Cambridge, Massachusetts, began offering a three-year bachelor's degree in 2011.

Logan cautions prospective students that an accelerated degree wouldn't work for everyone. Here's what students weighing a three year program should think about before taking the plunge.

Do you have a post-graduation plan already?

"Students who are drawn to our program already have their eye on a grad program they'd like to enter or already have an idea of the field they want to enter," says Logan. If you are planning to experiment with different courses and career paths while in school, a three-year program will not work for you. Students considering an accelerated path need to weigh their time and family commitments carefully.

Remember, the course load is the same

At programs like Lesley's, students take a full semester of classes for two summers in addition to spending two academic years on campus. "The vast majority of our students have to work in the summer to earn money," Logan notes. "Going to school full-time in the summer really isn't an option for them." While weighing three-year programs, students and families should discuss whether they can give up the potential earnings of a summer job. It's also important to seriously think about what it would mean to be in school all summer while your peers are at the beach, traveling, or doing summer internships.

You'll be something of a pioneer

Because three-year degree programs are still so new, students who choose one won't have a lot of peers in the same boat. "We graduate three to four three-year students every year," says Logan, who notes that all students take classes together. "It's a small number, but it's a valuable experience for students who choose it."

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Build a better workplace

Two books offer expert tips for creating and sustaining a positive environment at the office.

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The key to a positive work environment lies in being respectful, direct and reasonable toward your coworkers. ISTOCK

Shola Richards' workplace had become so unbearably toxic that he considered driving his car off the freeway overpass.

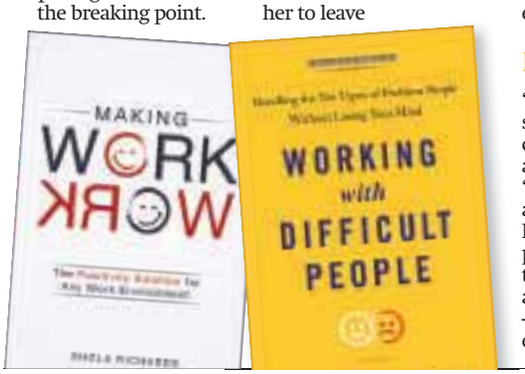
After two years at a "soul-destroying" job in education, this — contemplating suicide — was the breaking point.

He finally quit to begin a career helping others struggling in similarly unhealthy work environments.

"I thought to myself, 'Who's doing something about this?'" says Richards. "When I realized nobody was — well, not to the level I wanted, anyway — I decided to lead the journey myself."

Amy Cooper Hakim experienced a less daunting situation with her first post-college job in the staffing industry. The cutthroat, hostile environment forced her to leave after only a month. But it was her grandmother's book about dealing with challenging people at work—which she has now expanded and revised into "Working With Difficult People"—that inspired her. She threw herself into a mountain of research and eventually landed a job in organizational psychology. "Basically, I help employees and employers get along better," she says.

With the advice of these workplace experts, we've compiled tips for fostering a positive office environment.



Maintain respect

"Respect is a basic skill we strive to enforce in our children from a young age," explains Richards, "but somehow forget about as we get older." It's typically the guiding principle in a kindergarten classroom and should also be in the workplace — but not just when it's convenient. "It has to be practiced consistently and relentlessly," says Richards. He suggests people take the time to write out "respect commitments," explicit promises that can be referred to. He has one that he reminds himself of daily: "When in conflict with someone else, I will have the courage to speak to the person, not about the person."

Be assertive

When it comes to dealing with bullies in the workplace, rather than sit back and suffer in silence, Richards recommends being frank. "Having direct conversations with people who are being difficult and simply asking them to stop or modify their behavior really brings about positivity," he says. Further, bullies in particular tend to prey on silent victims, adds Hakim. Her tip — a piece of advice from a middle-school principal — is easy: Look them in the eye and tell them, "Thank you. I didn't ask for your opinion."

Take emotion out

When we're upset, we tend to let our emotions drive our decision-making, says Hakim. Rather than immediately react, consider the person's tendencies. "If you're able to take the emotion out and look at it from a logical standpoint and apply critical thinking instead," explains Hakim, "then you're really able to get what you need from that person." By responding in a mature, kind, respectful manner, she says, "you're also likely to avoid problems down the road."

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3 Things we learned in Giants' European victory over Rams

New York won its second straight Sunday morning, across the pond in London, over Los Angeles.

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The New York Giants are winners of two straight, emerging from London with an ugly 17-10 win over the Los Angeles Rams. They overcame a slow start and some disjointed play from the offense to improve to 4-3.

Down 10-0 after the first quarter, the Giants rattled off 17 unanswered points, a Rashad Jennings 1-yard dive giving them the lead with 9:23 left in the fourth quarter. It was the only time that the Giants offense would make it into the end zone against the Rams.

It was the defense, however, that stepped up and carried the team.

A Landon Collins pick six, one of four interceptions thrown by Casey Keenum in the game, made it a 10-10 scoreline in the second quarter. The 44-yard interception return was the catalyst for the Giants on a day where the offense struggled to move the ball. Collins intercepted Keenum twice in the game.

The Rams pieced together a 60-yard drive but Dominique Rodgers-Cromartie made his second interception of the game, both in the fourth quarter, icing the game for the Giants.

Quarterback Eli Manning completed 24-of-37 passes for 196 yards.

Three things we learned from the Giants in Week 7:

1 Good as Gould

Signed this weekend with the Giants needing to replace Josh Brown for rather obvious reasons, kicker Robbie Gould did what he was supposed to do, making a 29-yard field goal in the second quarter and two extra points. He didn't necessarily show a strong leg on kickoffs, perhaps his only weakness, but he seemed wholly adequate and capable if and should the Giants need a kicker long-term.

2 Getting a rush

The Giants front four has come alive with two sacks last week and three this week, a sign perhaps that the unit is now able to generate some pressure.

Consider Damon Harrison's bull rush in the fourth quarter, a 12-yard sack of Keenum, a rare showing from the interior linemen this season. The Giants pass rush, supposed to be this vaunted group that was pegged in preseason to be among the most dominant in the league, came into the game with just six sacks. Now they've gotten to the passer five times over the past two games.

The Giants offense did just enough Sunday in a 17-10 win. GETTY IMAGES

3 Grounded to a halt

For a second straight week the Giants ground game has struggled, part of an offense that was pretty bad on the day. Yes, Rashad Jennings had a 1-yard touchdown dive in the fourth quarter but he had just 25 yards rushing on 13 carries. That led the Giants ground game.

The lack of push from the offensive line and few holes for Jennings contributed to the paltry numbers, but the Giants running backs rushed the ball 18 times. Not exactly a commitment to the rushing attack.

3 things we learned in Jets ugly, much-needed win Sunday

The Jets did just enough to hang on for win No. 2. GETTY IMAGES

The Jets earned an ugly win, but the way the season has gone, they'll take it.

Despite losing Geno Smith to injury in the first half, seeing receivers drop open passes, and committing far too many penalties and turnovers that would've cost them against a good team, Gang Green managed to overcome themselves in a 24-16 win over the Baltimore Ravens.

New York had some luck on its side for once, as they turned misfortune into fortune at an opportune moment. Running back Matt Forte fumbled near the goal line, and the Ravens recovered – only to fumble it right back during the return. Forte then put an end to the madness, three plays later, as he waltzed in for a one-yard touchdown and provided the final margin.

The sequence was a microcosm of the Jets' season, but this time, fate worked out for them. The win wasn't a pretty one for Gang Green, but when they've playing as poorly as they have been during the skid, they'll take any possible win.

1. Finding Forte

The once struggling running back had a mini-breakout game as he tallied 100 rushing yards, while scoring twice. Forte was coming off recent performances where he tallied 27, 53, and 19 rushing yards, respectfully, but had a bit of an awakening against a Ravens' defense that was tops in the league against the run. The versatile back also added four catches for 54 yards, including a touchdown reception.

2. Secondary provided primary problems

Flacco had gone a team-record 176 consecutive throws without an interception before cornerback Buster Skrine picked off Baltimore's franchise signal caller in the third quarter. Flacco threw interceptions on back to back possessions to gift-wrap 10 points for the Jets, which ultimately proved to be the final points necessary for a Jets' win. The secondary still gave up a deep ball – a 53-yarder to Mike Wallace – but when they needed to make a play when it mattered most, they stepped up and thwarted Flacco and co.

3. What a ride

Smith got the start, replacing a moribund Ryan Fitzpatrick, but the Geno Coaster unfortunately gave way to the Fitzpatrick Freefall in the second quarter, due to a right knee injury to Smith, who went 4-of-8 for 95 yards and a touchdown in his brief time. And while the bearded one didn't light it up, he was a steadying influence on the offense and didn't commit any turnovers. Fitzpatrick went 9-of-14 for 120 yards and a touchdown, while directing five scoring drives. Head coach Todd Bowles would not commit to a Week 8 starter. TONY WILLIAMS

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NOTICE OF FORMATION of Diaz Monero Medical, PLLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/04/2016. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 40-36 Junction Blvd., Corona, NY 11368. Purpose: Medicine

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LEGAL NOTICES

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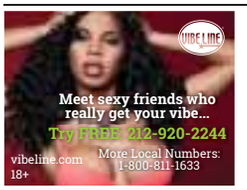

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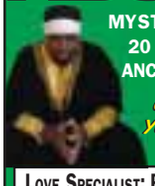

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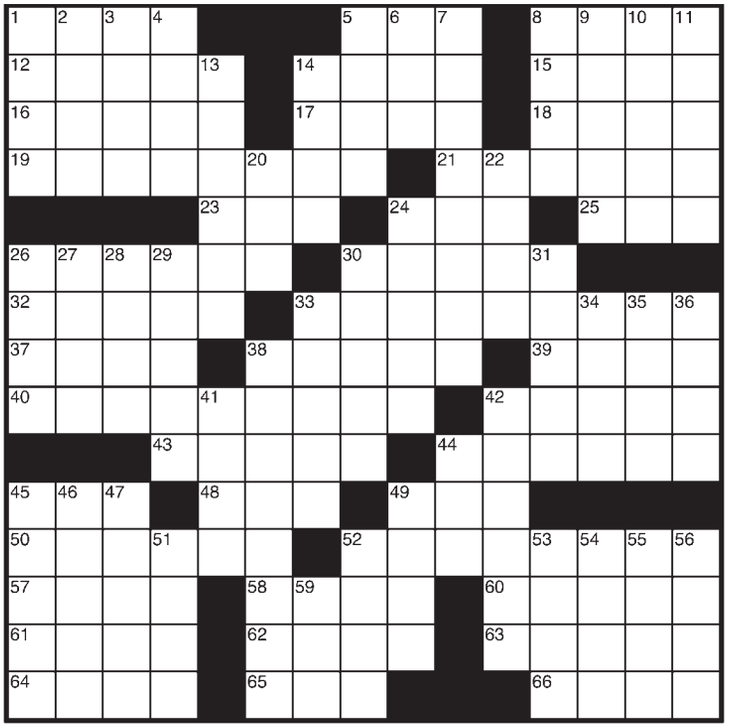

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	7		8	6		5		
				4	3			1
	1	6						4
4	9		7					
	2	3				1	7	
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6						9	2	
7			9	5				
		5		2	8		4	

hard

	1				2	4		5
		2	9				3	
	5	3		1				8
			2	4				9
4								2
5				9	1			
2				3		5	8	
	8				9	2		
6		5	7				4	

metro.us/horoscopes

Aries Stay focused on getting what you want. A financial gain looks promising, but may come with strings attached. A personal commitment will help you lay out your plans.

Taurus You need to keep your head down and your mind on your work. Don't let emotional matters escalate into something that you can't control.

Gemini A partnership can lead to good fortune if you are up-front about your feelings, expectations and desires. Glide into the future with someone you can count on.

Cancer Overspending on or being too generous with friends or children isn't necessary. You can have just as much fun if you choose entertainment that isn't costly.

Leo Take a moment to refresh your appearance and to do something special that will make you feel good. A loved one will make a move that will change your life.

Virgo Keep a strict budget and a close watch over your possessions and assets. Get involved in an event that will give you a platform to present what you have to offer.

Libra Baby steps will be necessary. If you leap without looking, you will end up in debt or in the middle of a dispute. Focus on personal improvements that fit your budget.

Scorpio Someone will intervene or take charge if you hesitate or show signs of uncertainty. Be confident and unafraid to take an unusual approach to whatever you do.

Sagittarius You must be honest with yourself and with others. If you candidly share your hopes and dreams, your personal and professional lives will benefit.

Capricorn Don't take on more responsibility when you should be getting rid of the dead weight you've been carrying. Stick to the tried and true methods that worked before.

Aquarius Don't give in to someone else when you should be doing your own thing. An opportunity is apparent, and you don't want to miss out.

Pisces Proceed with caution. If you are misleading or your motives are questionable, you will be excluded from something important. Stick to the truth. **EUGENIA LAST**

Yesterday's answers

H	I	P		G	R	O	U	P			O	A	T	H
A	H	A		L	A	U	R	A		J	U	L	I	A
V	E	R	D	I	G	R	I	S		U	T	T	E	R
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			R	E	C	A	P		H	A	G	G	L	E
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T	A	O	S		L	E	G	A	L		T	A	L	C
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CONGELACIÓN DE RENTA EN
LA CIUDAD DE NUEVA YORK

Evelio, Manhattan

Hay dos formas en las cuales los neoyorquinos que viven en apartamentos de renta regulada pueden **congelar su renta.**

- **Apartamentos de Renta Estabilizada:** La Junta de Regulación de Renta votó por un aumento de 0% en renovaciones de contratos de renta a 1 año y un máximo de 2% de aumento en renovaciones de contratos de renta a 2 años. Esta regulación está vigente a partir de hoy y hasta el 30 de septiembre del 2017.*
- **El Programa de Congelación de Renta:** Si usted tiene 62 años o más o tiene alguna discapacidad y sus ingresos son iguales o menores a $50,000, podría ser elegible para una congelación de renta a largo plazo.

Para aprender más sobre la decisión de la Junta de Regulación de Renta o para determinar su elegibilidad para el programa de Congelación de Renta de La Ciudad de Nueva York, por favor llame al **311** o visite **NYC.GOV/FREEZEYOURRENT**
Por favor, llame al 711 para el sistema retransmisor para personas sordas o con dificultad auditiva.

* En algunos casos, puede que apliquen otros aumentos a su renta.

NYC Department of Housing Preservation & Development

NYC Department of Finance

NYC RENT FREEZE

Dustin, Bronx
Luda, Brooklyn

There are two ways New Yorkers living in rent-regulated apartments can **freeze their rent.**

- **Rent-stabilized apartments:** The New York City Rent Guidelines Board voted for a 0% increase for one-year renewal leases and no more than a 2% increase for two-year renewal leases between now and Sept 30, 2017.*
- **NYC Rent Freeze Program:** New Yorkers 62+, or with a disability, who earn $50,000 or less may be eligible for an even longer rent freeze.

To learn more about the Rent Guidelines Board's decision or determine if you qualify for the NYC Rent Freeze Program, please call **311** or visit **NYC.GOV/FREEZEYOURRENT**
Please call 711 for relay service for deaf/hard of hearing.

*In some cases, other rent increases may apply.

NYC Department of Housing Preservation & Development

NYC Department of Finance